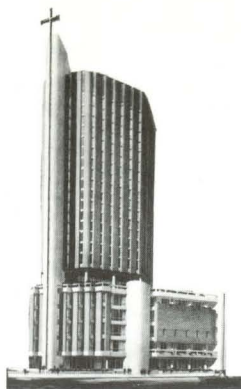


# the LOOKOUT

SEAMEN'S CHURCH INSTITUTE OF NEW YORK

JUNE 1976

# The Program of the Institute



Seamen's Church Institute  
15 State Street, N.Y.C.

The Seamen's Church Institute of New York, an agency of the Episcopal Church in the Diocese of New York, is a unique organization devoted to the well-being and special interests of active merchant seamen.

More than 753,000 such seamen of all nationalities, races and creeds come into the Port of New York every year. To many of them the Institute is their shore center in port and remains their polestar while they transit the distant oceans of the earth.

First established in 1834 as a floating chapel in New York harbor, the Institute offers a wide range of recreational and educational services for the mariner, including counseling and the help of five chaplains in emergency situations.

More than 2,300 ships with over

96,600 men aboard put in at Port Newark annually, where time ashore is extremely limited.

Here in the very middle of huge, sprawling Port Newark pulsing with activity of container-shipping, SCI has provided an oasis known as the Mariners International Center which offers seamen a recreational center especially constructed, designed and operated in a special way for the

very special needs of the men. An outstanding feature is a soccer field (lighted by night) for games between ship teams.

Although 62% of the overall Institute budget is met by income from seamen and the public, the cost of special services comes from endowments and contributions. Contributions are tax-deductible.



Mariners International Center (SCI)  
Port Newark/Elizabeth, N.J.

## the LOOKOUT

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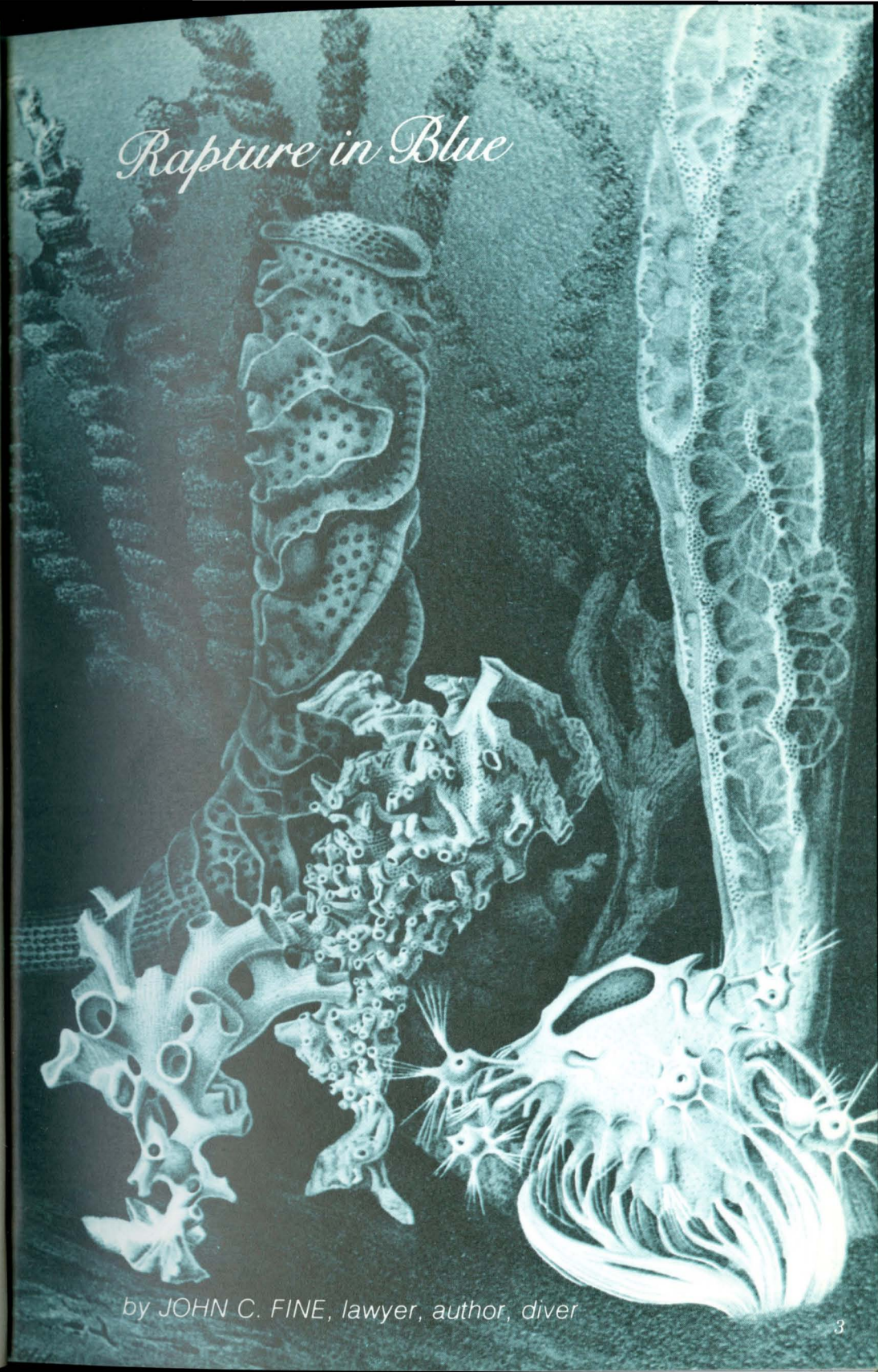
John G. Winslow  
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# Rapture in Blue



by JOHN C. FINE, lawyer, author, diver

In an extravagantly enthusiastic rhapsody, nature has improvised a magnificent underwater world. There you find a paradise of plant and animal life (without good or evil) where only the law of survival governs the complex interaction of uncountable billions of creatures in a harmony of life. This is my undersea world. It is a quiet place, where the bubbles sing as they leave the tanks on my back and the dulcimer twang of my diving regulator creates an eerie intrusion into the silent world.

Once one has ventured beneath the sea and explored this panoply of form and color, he is caught up in an irresistible desire to return — to drift below in a new dimension of freedom; back through time and space, calling on strange and magnificent creatures and long-forgotten artifacts buried beneath the sea. Such has been my ocean world; a universe unto itself, with vast undersea mountain ranges, casual valleys and carefully textured reef communities living in a kaleidoscope of color, framed in azure and green.

Here nothing is ever wasted, but is con-

sumed in a never ending food chain, basic to man's own survival. Great pelagic ocean dwellers eat the smaller reef fish which in turn consume the even smaller creatures of the deep that thrive on ocean plankton.

We depend on the sea for life itself. Most of the oxygen that we breathe, at least 70% of it, is produced by marine organisms. Over 97% of the world's 326 million cubic miles of water is held in the oceans. Only 2.15% of it is frozen in glaciers at the polar caps, and about 1% is in the earth's underground reservoirs, rivers, lakes and streams.

The sea provides a major source of food. Harvesting more than 500 species of marine organisms, man operates annually an 8 billion dollar fishing industry. He has barely begun to harness the seas and oceans, yet already they provide a bounty of drugs, minerals and energy resources for man in his ever increasing exploitation of their mighty wealth.

Man is just beginning to explore beneath the sea's surface as he has previously sailed her vast reaches to discover

the scattered islands of land that make up but 29% of the surface of the Earth. Our mighty cities fringe her shores and owe their existence to the seas' ready source of transportation.

The timeless salve of nature's quiet has long grown over the wounds of war. In the sea, the rubble of man's historic feudings are covered over with life and beauty. Sunken ships and treasure galleons attract me to her depths and I swim among their rusted pylons and long deserted companionways into dark and long forgotten holds of shrewish derelicts abandoned by their crews. Rummaging among the bitts and lastage, I cull out the artifacts of time for salvage, struggling them out of the empty cabins and bridges where once proud captains strode. I pause at creaking hatchways to let her new aquatic masters swim past in a seeming effortless rhythm of motion. Nature has invaded every corner; and every niche has its resident fish and proper coral. I play my feeble light on the colored sponges and tunicates revealing hidden colors and hues.

Reef life abounds with beauty as industrious coral polyps peer out of their lime-

stone homes. It is this small, almost microscopic, colonial marine animal that accounts for the vast forests and exotic arbors beneath the sea. Linked together in a pattern of life, these small creatures build living mountains over the ocean floor, forming lattice-work mantillas and colored fans that sway back and forth in the current.

Continents are sheltered by great barriers and lagoons, atolls and fringing coastline reefs, all produced by these tiny polyps who live above their stony homes. These little builders feed at night by extending tentacles out of their digestive cavity, their pharynx open to the sea. The polyps outer layer secretes a calcium carbonate skeleton into which the little animal is permanently anchored. Joined laterally, these polyps are interconnected so as to form a single creature. The colony buds new polyps, and with time, they build one on top of the other creating the great undersea reaches that we know as coral reefs. This complex marine ecosystem consists of thousands of different



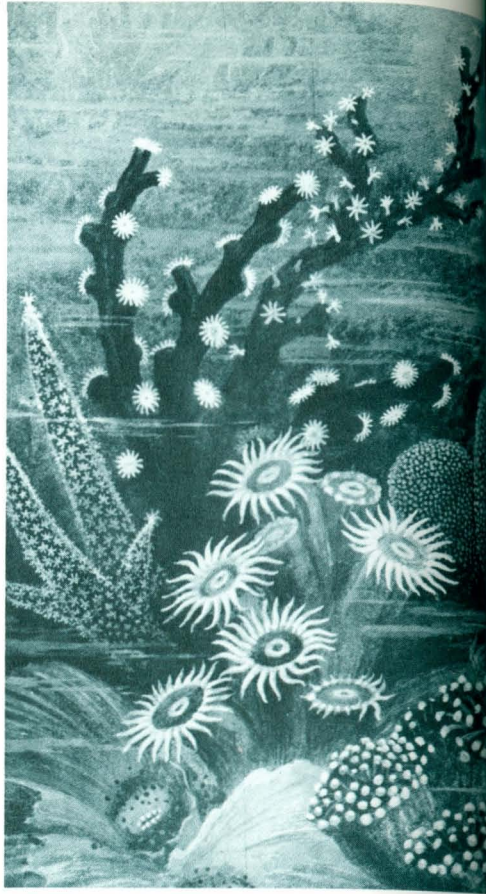
creatures linked together by an interdependent system of chains and cycles. Thus the fate of the smallest and most insignificant creature is intertwined with the very survival of the largest sea creatures, and even man himself.

It has been calculated that it requires 1000 pounds of diatom fodder (microscopic one-celled algae) to support the growth of one pound of commercial fish. In fact, in the sea, 1000 pounds of plants are required to support 100 pounds of plant-eating animals. These plant eaters, will, in turn, support 10 pounds of meat eaters which, in turn, can support 1 pound of human flesh.

The number of marine animals required to support life on earth staggers the imagination. In fact, in the group of Alaskan Islands in the Bering Sea north of the Aleutians, it has been estimated that to support the seal population that breeds there, it requires 3.5 billion tons of live fish per year. This seems an impossible dimension to even conceive, let alone calculate. This said, one must begin to realize the importance of the sea to man, the ultimate consumer in the food chain.

With her great resources, her almost limitless power, plus her almost limitless array of plants and animal life, (an estimated 20,000 plant species and 350,000 animal species), the sea remains beautiful beyond compare. Yet there is imminent danger of destroying the seas and oceans. The balance in nature is a very delicate affair, easily offended by man's misadventures in progress; and by his careless and often reckless abuse.

The sea's creatures are as delicate as they are beautiful, and thus are vulnerable to changes within their environment. For instance, warm water (no lower than 68° F.) which is clear and clean to allow



penetration of the sun's life-giving rays is necessary to the existence of a coral reef. In colder waters, too, life exists within a delicate balance ... for survival is dependent on shelter and a source of food.

Thus, every little corner is husbanded by some marine creature either for food or as a home, and plants and animals grow together in a medley of life on the ocean floor with nothing ever really being abandoned.

This is the harmony and gentle beauty of the world beneath the waves. It is a fragile world given its subtle blend of life. We must strive to preserve and protect its natural beauty and life balance from organized or arbitrary destruction.

For the sea is our heritage ... our legacy ... the last frontier on Earth upon which the future of mankind can be charted.

Do you  
know your  
money?



by Josephine M. Opshal

When numismatists (those people whose hobby is collecting coins, paper money, medals, etc.) get together and talk shop, what would they be referring to by the following?

1. Current, modern and ancient coins
2. A commemorative coin or medal
3. Mint marks
4. Obverse side
5. Mint set
6. Proof coin
7. Legend of a coin
8. Shipplaster
9. A fido
10. An uncirculated piece

#### ANSWERS

1. Current coins are those still in circulation; modern coins generally refers to those struck after 1500 A.D.; Ancient coins may be any coin issued before 500 A.D.
2. A commemorative is one issued to honor or observe an event, place or person or to pre-serve a memory.
3. Mint marks are the tiny letters which appear in various places on coins. They indicate where the coin was struck. For instance, on the Roosevelt dime, it can be seen to the left of the base of the torch on the reverse side. On the Lincoln cent it will be found just below the date on the face. The mint mark can make a big difference in the value of a coin. S ... stands for San Francisco D ... for Denver O ... for New Orleans Coins minted in Philadelphia carry no mint mark except wartime nickels of 1942-45.
4. The obverse side of a coin or piece of paper money is its face or side which bears the principal design or device.
5. If you owned a Mint Set, you would own one of each denomination produced by a given mint in a given year by a given country.
6. A proof coin is one with a mirror-like surface which was struck with a special polished die on a polished planchet or disc of metal.
7. The legend of a coin is the words around the border of a coin.
8. The word "shipplaster" may be a derogatory term. It is applied to Continental currency, and sometimes to state bank notes which have a questionable value.
9. When applied to coins, "fido" comes from the first letters of the words, "freak ... irreg-ular ... defect ... oddity." Even though each step in the manufacture of a coin is watched carefully, mishaps do occur. In other words, it is a misprinted one.
10. Uncirculated is a piece in new condition as issued by the mint.

**R**EAR Admiral William M. Benkert, USCG, Chief of the Office of Merchant Marine Safety was the keynote speaker at a reception and dinner, May 13, 1976 at the Seamen's Church Institute of New York. The dinner was the highlight of a two-day meeting of the Maritime Training Advisory Board.

An amalgamation of members from management, labor and government specifically concerned with the education and training of marine personnel, the MTAB includes representatives from virtually all maritime academies, union and independent marine schools, and government agencies interested in merchant marine education and training plus industry personnel concerned with training.

MTAB's semi-annual meetings provide opportunities for its members to visit and observe the facilities of the several components within its organization. This meeting at the Seamen's Church Institute featured "MARITIME TRAINING IN THE BICENTENNIAL YEAR." Admiral Benkert's presentation emphasized the necessity of better training to provide more capable shipboard and dockside personnel with particular emphasis on safety, a major industry concern.

Mr. James Mills, director of the SCI Merchant Marine School was the program chairman for the event.



*Pictured from left to right are: James Mills, Director — SCI Merchant Marine School, Henry Englsch, Assistant Secretary — Marine & Aviation Services — Insurance Company of North America, Captain Lars Petter Aarestad, Department Head — Maritime Institute of Technology and Graduate Studies, James A. Higgins, Deputy Assistant Administrator for Commercial Development — Maritime Administration, Rear Admiral William M. Benkert, U.S. Coast Guard-Chief of the Office of Merchant Marine Safety.*



*At the podium: Rear Admiral William M. Benkert, addresses MTAB members and invited dinner guests.*

"Raindrops are falling ..." was the melody of the day when the Women's Council had to move into the lobby for their annual plant sale. Adding to the undaunted festive spirit was music played by seaman Don Davidson, deck maintenance engineer. Two of our youngest customers were John (l) and Michael (r) Williams, children of Ensign and Mrs. John H. Williams, Jr. of the U.S. Coast Guard stationed at nearby Governors Island.



Music in a more classical vein comprised the program of "THE QUINTESSENCE," a chamber ensemble who performed in one of the Institute's monthly Sunday afternoon concerts. Open to the community as well as seamen and their guests, these concerts are always a welcome addition to the lives of music lovers who enjoy visiting Lower Manhattan and the Institute.



Mauddy Thursday is the annual church visitation day here at the Institute. Preaching at this year's service was the Right Reverend J. Stuart Wetmore. Bishop Wetmore later toured the building and conferred with the clergy on staff.

# How the Ukulele got its name

by Josephine M. Opshal

## EDITOR'S NOTE:

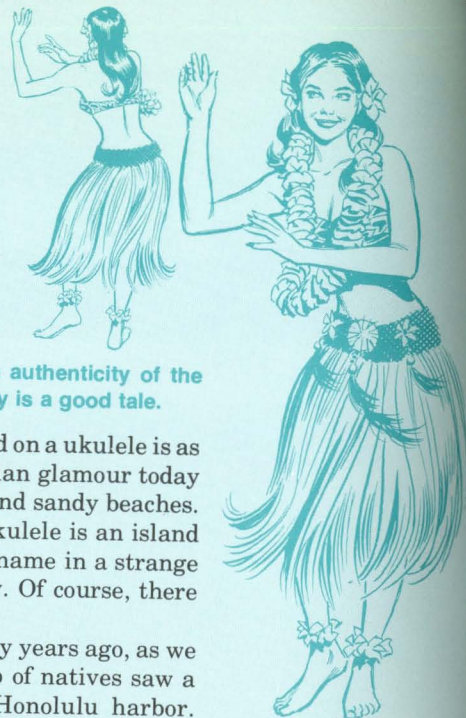
We can't vouch for the authenticity of the following, but it certainly is a good tale.

Soft music strummed on a ukulele is as much a part of Hawaiian glamour today as are leis of flowers and sandy beaches. Yet legend says the ukulele is an island newcomer and got its name in a strange way. Here is one story. Of course, there are others.

It seems not too many years ago, as we measure time, a group of natives saw a big trading ship off Honolulu harbor. Knowing that the sailors were always glad to buy fresh fruit and vegetables as well as shell necklaces, the natives filled their outrigger canoes with food, trinkets and baskets, and paddled out to greet them.

This time the sailors did not give the natives metal coins in exchange for their products. They traded for little Portuguese guitars.

Even though they were scantily dressed, the natives picked up fleas while on board the big ship. When they returned to shore, they fidgeted as they played and moaned "uku lele, uku lele." In the Hawaiian language this means "bouncing fleas." Their friends, however, thought they were referring to the new musical instruments they played, so they called them that. Even though the little guitars soon became great favorites with the music-loving Hawaiians, to this day they still call them "ukuleles."



The RED JACKET, one of more than 35 working, scale models of famous American vessels to be seen in "America Afloat" — a special Bicentennial exhibit at the Seamen's Church Institute of New York, 15 State Street (opposite Battery Park) New York City, May 21 through July 16, 1976.



## TO ALL OUR FRIENDS AND SHIP MODEL BUFFS BE SURE TO SEE...

"AMERICA AFLOAT ... TWO CENTURIES OF U.S. MARITIME HISTORY", an outstanding ship model exhibition which opened here at SCI May 21 and will continue through July 16, 1976.

Presented in honor of National Maritime Day (May 21) and the U.S. Bicentennial, the exhibit includes more than 35 hand-built, made-to-scale working models depicting many of the nation's most famous merchant and naval vessels. Among those represented are the *Constitution*, *Charles W. Morgan*, *Memnon*, *Harriet Lane*, *Clermont*, *Monitor* and *Bear*. Various destroyers, submarines and patrol boats are shown as are river boats, canal barges, tugboats, gundalows and LST's.

Supplementing the exhibit are a number of paintings, watercolors and lithographs from the SCI collection which also show American vessels from the 18th to 20th century.

The ship models shown are all built and owned by Frank P. Eldredge and Robert Mouat, both master model builders and collectors whose scale models have been bought by private collectors and companies throughout the United States and Europe.

The exhibit is free and located in our first floor gallery, open daily from 11:00 a.m. till 4:00 p.m.

So, if you work in the area or are planning a visit down our way, be sure to drop by. It's quite a show.

# Colonial Cookery



*As part of the Bicentennial year we will be printing a number of Colonial recipes in each of the remaining '76 issues. The recipes have been researched and tested by the "historical" cook, Betty Groff, and we hope that they will be a source of both good dining and conversation at your table.*



## Spring Lamb

SAUTEED WITH EGGPLANT  
(French Style)

- |                                       |                              |
|---------------------------------------|------------------------------|
| 4 tablespoon butter                   | 2 tablespoons chili sauce    |
| 3 pounds lamb (cut in 1 in. cubes)    | ½ cup chopped celery         |
| 1 cup chopped onions                  | Grated rind of 1 lemon       |
| 1 clove minced garlic                 | 2 cups meat stock            |
| 1½ tablespoon curry powder            | 1 tablespoon brown sugar     |
| 1 cup cooking apples peeled and diced | ¼ cup finely chopped parsley |
| 3 cups peeled and cubed eggplant      | ¼ teaspoon Rosemary          |
|                                       | ½ leaf bayleaf               |
|                                       | Salt and Pepper to taste     |

Brown cubed lamb well on all sides in butter. Add onion, apple, garlic and curry tossing lightly until onion is barely tender. Combine with eggplant, chili sauce, celery, grated lemon rind, bayleaf, salt and pepper and meat stock. Mix well and heat to boiling. Reduce heat and simmer until tender about 1½ hours.

Serve with rice pilaf, fresh asparagus and apricot cheese cake.



## Baked Onions

- 6 medium sized white onions  
Salt  
Peel brown skins from onions and place in a baking dish.  
Bake at 350° degrees for 50 to 60 minutes.  
Sprinkle with salt before serving. These are very sweet and unbelievably delicious.

These onions are a perfect side dish for a dinner of meat loaf, broiled tomatoes, baked potato and a garden green salad. Have fresh fruit for dessert. It is easy to prepare ahead of time for a leisurely meal. For buffets they're great, as all of these things hold the heat very well. Good eating and good luck.



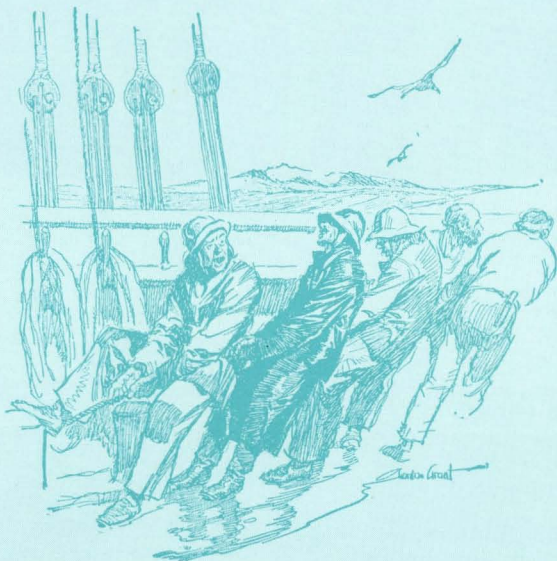
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**15 State Street**

**New York, N. Y. 10004**

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## THE TASTE OF SALT

The hired man walked with the roll of a tide,  
and his tongue was salt and free.  
The tales he told were adventure packed  
of ports and ships and rugged men  
who had been his company.

Her mother guessed his sailor's life  
had been lived in the top of his head.  
Her father chuckled over his tea.  
The prairie child drinking in roaring yarns  
had her first taste of the sea.

L.A. DAVIDSON